



[locked/work] Eat your veggies.



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MOOD: 😊 cheerful

MUSIC: Sarah Jarosz - Come On Up To The House

Rabbits like carrots. So this week's tithe is carrot cake.

The kind of carrot cake that uses every bowl in the house, and maybe you have to borrow one. Because.

Makes one carrot cake AND one dozen muffins.

Mise (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4151022928/>)
:

In one bowl (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4151023820/>)
:

3 cups white whole wheat flour
2 tsp baking soda
2 tsp cinnanom
1 tsp ginger
1 tsp cardanom
1/2 tsp allspice
1/2 tsp cloves
--> (all spices ground)
1/2 tsp salt

In another bowl*:

1 cup vanilla sugar
1 cup muscovado sugar
1 1/2 cups buttermilk
3/4 cup vegetable oil
4 eggs
1 tbsv vanilla extract

*the bowl-of-your-stand-mixer-if-you-have-one

In the final bowl (<https://www.livejournal.com/away?to=http%3A//www.flickr.com/photos/45206927%40N06/4151024074/>)

:

1 lb of carrots, peeled and grated

1 coconut, drained, cracked, roasted, peeled, and grated

(I found a cheap food processor at the thrift store, looking never used. I decided that at \$7.00 it could earn its kitchen space somehow.)

1 20 oz can of pineapple, crushed and drained

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1 cup chopped pecans ([https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A//www.flickr.com/photos/45206927%40N06/4150264669/)

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1/2 cup raisins

1/4 cup crystallized ginger, chopped coarsely

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Method:

Preheat oven to 350 and put a rack in the middle. Line your muffin tin with silicon cups or paper wrappers or grease the cups, and similarly prepare a springform or Bundt pan.

Take your coconut. Poke its eyes out with a screwdriver and a hammer (or a power drill! wheee!) and drain out the coconut water. Crack coconut with hammer and toss it in the oven for a bit to get the meat to let loose of the shell.

Drink coconut water to restore yourself after these exertions.

Do not use that white sugary stuff you can buy in bags in the baking aisle. It is not food.

Peel your carrots and cut off the dry bits on each end.

Remove coconut from oven. Do not burn hands. Break off the outside shell and peel the brown skin off the meat. if you are REALLY talented, you can do this without breaking the coconut ([https://www.livejournal.com/away?](https://www.livejournal.com/away?to=http%3A//www.flickr.com/photos/45206927%40N06/4150263591/)
[to=http%3A//www.flickr.com/photos/45206927%40N06/4150263591/](https://www.flickr.com/photos/45206927%40N06/4150263591/))

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Get a bunch of friends with box graters (bribe them with cake), or plug in your food processor and put in the shredder blade. Shred the coconut and the carrots. Put them in a big bowl. Eat the

leftover unshredded chips to fortify you.

Chop up the pecans and the ginger coarsely. Put those in the bowl too.

Open the can. Drain and (if necessary) crush or chop up the pineapple. Pour the fluid into your remaining coconut water and drink that. If you are T., add a slug of spiced rum first.

You can dump this and the raisins in with the other fruit and vegetables, or leave it separate. Doesn't matter.

Measure out the flour, baking soda, and spices; set them aside.

Measure out the sugar, sugar (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4151024678/>), buttermilk, eggs, oil (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4150266399/>), and extract (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4150266137/>) and mix them together (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4151025406/>). When they are suitably gross, start mixing (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4150266977/>) in the fruit and veggies (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4150267139/>) a handful at a time. When all that is mixed together (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4151026202/in/photostream/>), start mixing in the dry stuff a cup at a time (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4151026714/>).

Now that it's all mixed together (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4150268259/>), fill the muffin cups (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4150268505/>). Bake the muffins (<https://www.livejournal.com/away?to=http%3A/www.flickr.com/photos/45206927%40N06/4150269853/>) for 25-30 minutes, depending on your oven, rotating the muffin tin in the middle of the cooking time.

Fill your cake pan (<https://www.livejournal.com/away?>)

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. Bake the cake for 40-50 minutes, depending on your oven,
rotating the cake pan in the middle of the cooking time.

Clean up while it bakes, because you are going to need the
mixing bowl again!

Remove, cool, frost with:

Cream Cheese frosting:

back in the bowl-of-your-stand-mixer-if-you-have-one

(<https://www.livejournal.com/away?>

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1 stick unsalted butter

1 package cream cheese

1 cup vanilla sugar

1 tbsp lemon zest

1 tbsp vanilla

Cream together (<https://www.livejournal.com/away?>

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until fluffy (<https://www.livejournal.com/away?>

to=http%3A//www.flickr.com/photos/45206927%40N06/4151028370/)

! Do not eat it all before it goes on the cake and muffins.

PUT IT ON THE CAKE AND MUFFINS.



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...okay, now we can eat.

Failure modes:

Too much cloves: you'll know if your tongue goes numb--
everything else is pretty forgiving.

Cake is black or dry: overcooked! oven too hot or time too long

Cake is gooshy: undercooked! oven too cold or--yeah, you know
the drill

This is a moist, spicy, toothsome carrot cake with interesting
textures, not a sweet featureless one. Definitely counts as a
vegetable dish!

Also, this girl is hot:

COME ON UP TO THE HOUSE by Sarah J. Ol...



TAGS: [eat to live](#), [food](#), [recipes](#), [tape decks all over hell](#)



This looks like a
good idea.

...

This.


...

Little guy's not
bad.

Gotta teach RHex
to smear.

1 comment



 **trollcatz**

December 1 2009, 19:33:16 UTC

[COLLAPSE](#)

Concur. That girl is hot.

And the carrot cake muffins look WONDERFUL.